



Welcome

**Programme on
Personality Development
Vivekananda Institute of Human Excellence
Ramakrishna Math**

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Why Personality Development?





$T = Q$

What,
Why
and

How

“We want that education
by which
character is formed,
strength of mind is increased,
the intellect is expanded,
and by which
one can stand on one’s own feet.”

~ Swami Vivekananda



There is 1 thing

You can do

to make the world

Better

Improve Yourself

That's the only thing *You can do*

to make the world

Better

Get Inspired

Improve Commitment

Develop Self-discipline

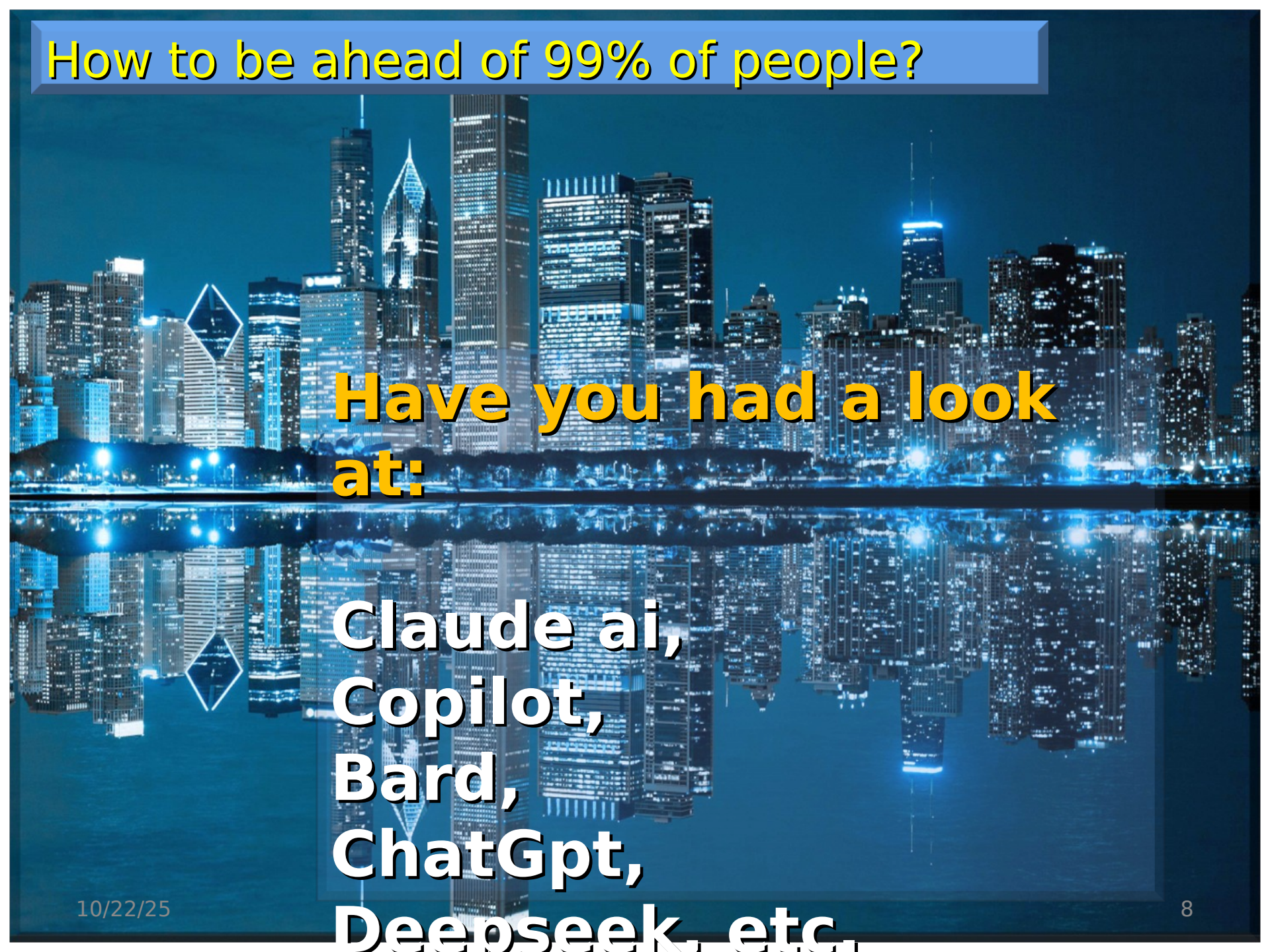
Move out of the Comfort Zone ~
into Challenge Zone.

Unlock Your Potential
by embracing Challenges.

Learn how
facing and
overcoming obstacles
~ is an integral part of the
journey to success.

Discover the transformative power
of challenges and
how they propel you
toward personal and
professional growth.





How to be ahead of 99% of people?

**Have you had a look
at:**

**Claude ai,
Copilot,
Bard,
ChatGpt,
Deepseek, etc.**

**PERSONALITY
INCLUDES . . .**



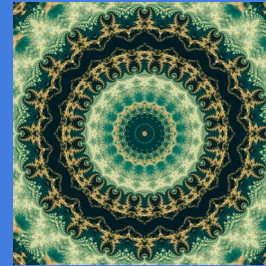
EVERYTHING

**PERSONALITY
EXCLUDES . . .**



NOTHING

**YOUR
PERSONALITY
IS YOUR**



*Put it simply,
Developing personality implies
~ observing your own behaviour,
Character and
Nature, and
sincerely attempting to IMPROVE.*

This includes, the way

You Act,

React and

Interact,

with

People,

Things and

Circumstances.

*When do you
want
to begin ?*



What factors shape personality?

**Culture,
religion,
education,
custom, and
family tradition, etc.**

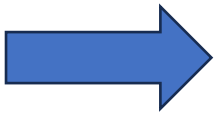
**Also,
biological ~ genetic, hereditary,
and social differences,
Individual experiences, etc.**

The Need for Developing Personality

Developing one's personality is essential for personal growth, success, and happiness.

- 1. Boosts Confidence** – A well-developed personality enhances self-esteem and helps individuals face challenges with assurance.
- 2. Improves Communication Skills** – Effective personality development leads to better verbal and non-verbal communication.
- 3. Enhances Professional Success** – Employers value individuals with strong personalities, leadership qualities, and a positive attitude.
- 4. Strengthens Relationships** – A good personality makes one more likable, empathetic, and approachable, improving personal and professional relationships.
- 5. Encourages Adaptability** – Personality development helps individuals adjust to new environments and handle change effectively.





6. Promotes a Positive Attitude – It reduces negativity, stress, and fosters optimism.

7. Increases Influence & Leadership – Strong personalities inspire and motivate others, making one a natural leader.

8. Encourages Self-Discipline – Personality development instills good habits, time management, and responsibility.

9. Enhances Problem-Solving Skills – A developed personality helps in thinking critically and making better decisions.

10. Leads to a Fulfilling Life – Overall growth in personality contributes to happiness, success, and life satisfaction.



**A "growth mindset" is needed -
for Personality Development.**

**Embracing challenges
and learning from
feedback**

How to Develop Personality?

1. Self-Awareness – Understand your strengths, weaknesses, and areas for improvement through reflection or feedback.

2. Improve Communication – Practice speaking clearly, listening actively, and maintaining good body language.

3. Be Confident – Believe in yourself, maintain good posture, and face challenges with courage.

4. Stay Positive – Cultivate optimism, avoid negativity, and practice gratitude.

5. Expand Knowledge – Read books, stay updated on current affairs, and engage in intellectual discussions.





6. Develop Social Skills – Be polite, **respectful**, and empathetic towards others. Engage in networking.

7. Work on Body Language – Maintain eye contact, smile, and use confident gestures.

8. Dress Well & Maintain Hygiene – A neat appearance creates a strong first impression.

9. Set Goals & Be Disciplined – Plan short-term and long-term goals, and stay committed to self-improvement.

10. Embrace New Experiences – Step out of your comfort zone, learn new skills, and adapt to different situations.

By consistently working on these aspects, one can develop a well-rounded, attractive, and impactful personality.





Merge ~

Emergence

Arise ! Awake !! and
STOP NOT till the Goal is reached.



Knowledge informs ~ *Wisdom transforms*

***If you develop
You will have a Better Future.***

***If all Indians develop
India will surely have a much Better
Future.***

***Being Patriotic is
to develop oneself, and
help in developing
fellow Indians,
with values.***

Attitude towards work

Connect Work to a Higher Purpose

Why?

- People commit more deeply when they see their work as meaningful.
- Whatever your work ~ you are shaping future generations.

How to Improve:

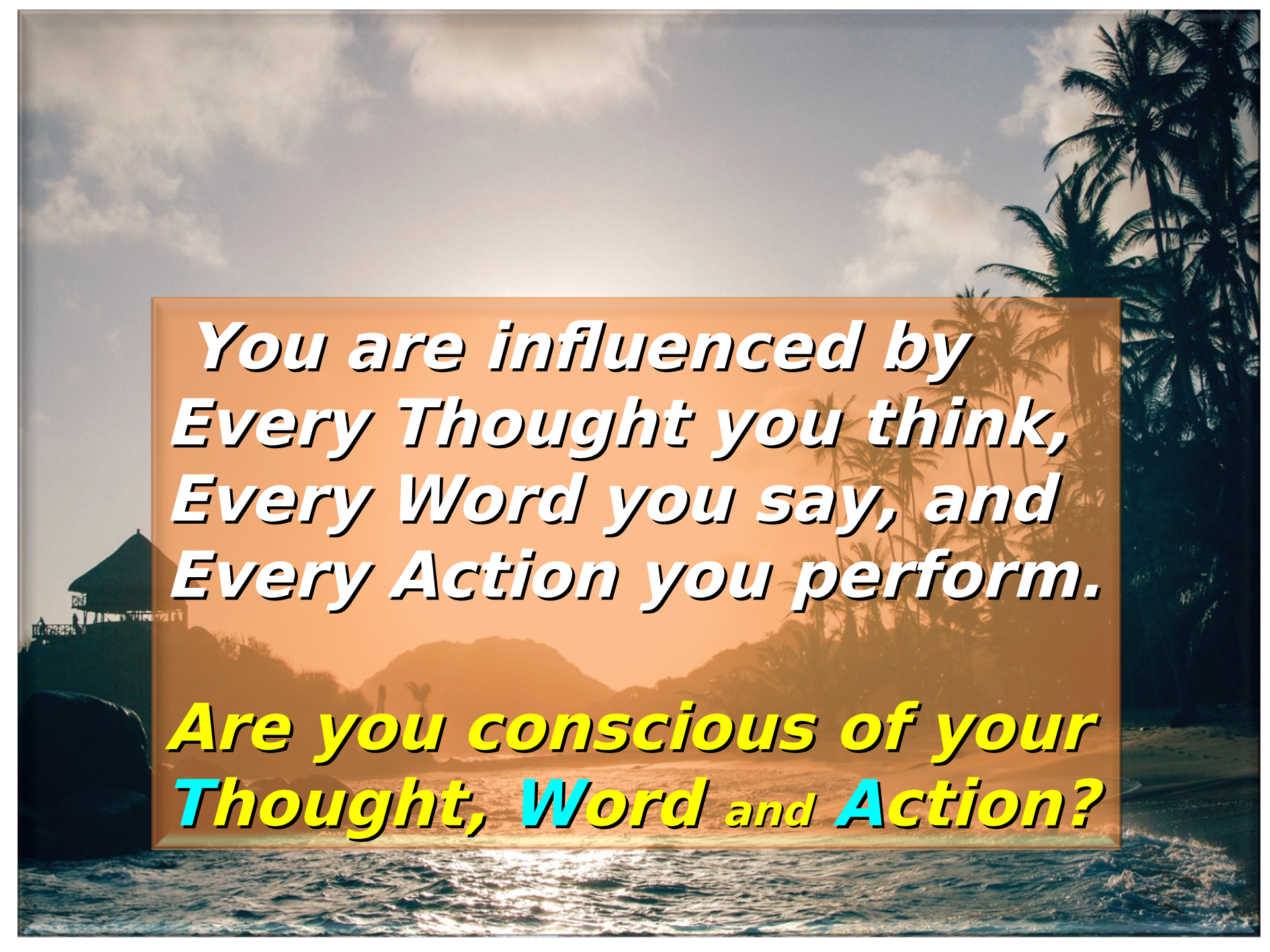
- ✓ **Adopt Work is Worship Attitude**



Thinking,
while thinking,
about thinking
will **IMPROVE**
the quality of thinking and
more importantly,
the quality of our **LIFE.**

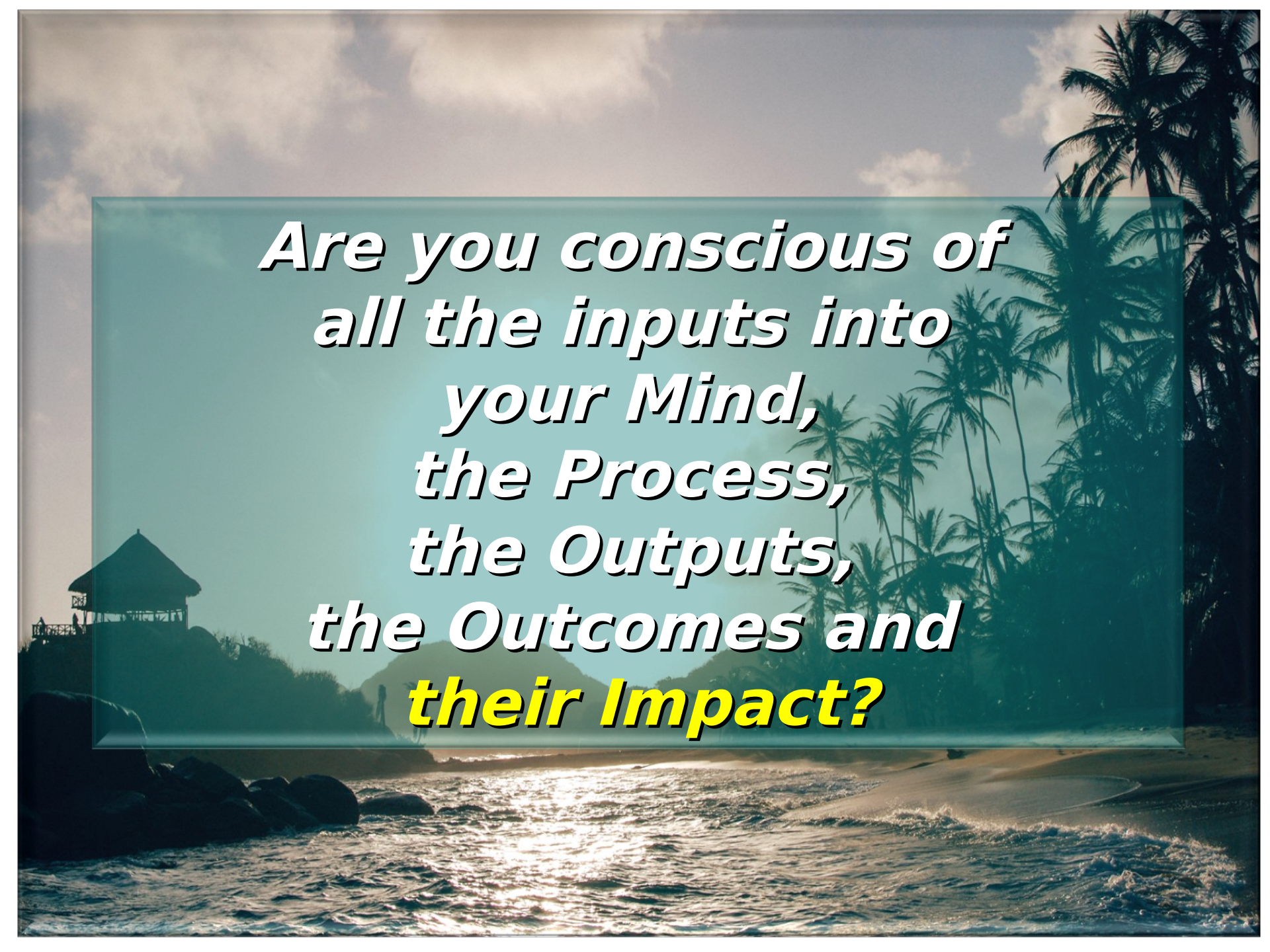
Practicing gratitude and kindness

**helps in building
a positive
personality**



***You are influenced by
Every Thought you think,
Every Word you say, and
Every Action you perform.***

***Are you conscious of your
Thought, Word and Action?***



***Are you conscious of
all the inputs into
your Mind,
the Process,
the Outputs,
the Outcomes and
their Impact?***

A large waterfall cascading down a mossy, green cliff face. The water is white and frothy as it falls, creating a mist at the base. The surrounding vegetation is lush and green, covering the cliff and the area around the waterfall.

Some hints to improve **Personality**

- 1.Be a better listener**
- 2.Read more and expand your interests**
- 3.Be a good conversationalist**
- 4.Have an Opinion - on various issues**
- 5.Take the initiative to meet new people**
- 6.Be yourself, Be Unique**
- 7.Have a positive outlook and attitude**
- 8.Be fun and see the humorous side of life**
- 9.Be supportive of others**
- 10.Have Integrity and treat people with respect**

Developing a fine personality

1. **Clarity of goals and purpose in life**
2. **Doing beyond expectation**
3. **Continuous Learning**
[including learning from failures]
4. **Being enthusiastic and taking initiative**
5. **Character**
6. **Self discipline**





Developing a fine personality

7. Positive mental attitude
8. Managing self and managing teams
9. Sound physical and mental health
10. Team work and developing Leadership qualities
11. Honest and Hard working (including smart work)
12. Growing in one's knowledge and skills [rapid upskilling]

How about including Time Management ?



Self-awareness
contributes to Personality Development

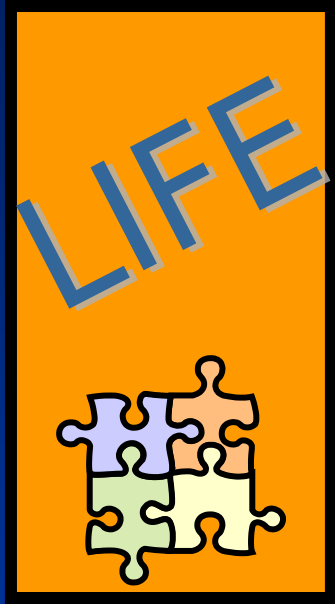
SWOC helps in

~ recognizing strengths and areas for improvement

Emotional intelligence skill - involves

**Understanding and
managing one's own emotions**

MAKING LIFE SOCIALLY RELEVANT



Physically - Active
Mentally - Alert
Intellectually - Inspired
Spiritually - Awakened
Emotionally - Balanced
Morally - Strengthened
Socially - Relevant

So as to be a POSITIVE, CONSTRUCTIVE and CONTRIBUTING CITIZEN OF THE SOCIETY.

10/22/25 **BECOME A SEED - AFFECT ETERNITY -**



Let this moment
become
a turning point
in your life,
for the better

A misty forest scene with sunlight filtering through the trees. The image shows a dense forest with tall, thin tree trunks and a misty atmosphere. Sunlight rays are visible, creating a serene and ethereal mood. The ground is covered with green foliage and a dirt path leads into the distance.

What is the purpose of life?

LIFE

YOUR LIFE NEEDS SELF MANAGEMENT

SELF -
MGT.

LIFE MGT.

$L = T$

MIND MGT.

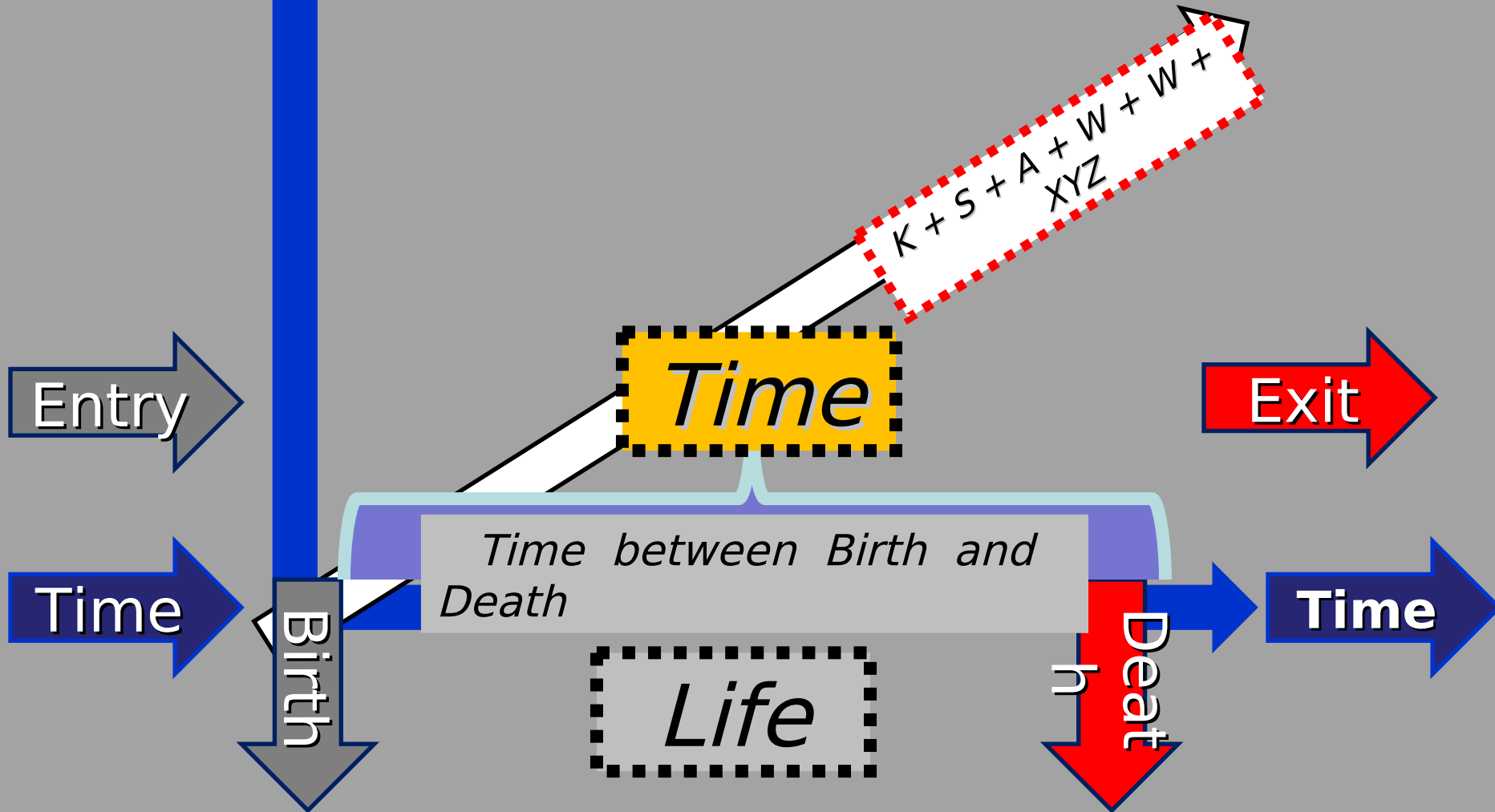
$T = Q$

DEV. MGT.

$P = E$

$L = T = T = Q = P = E$

$$L = T$$



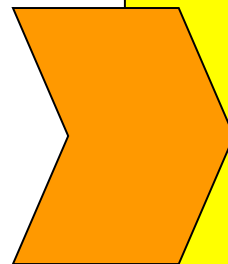


**How we spend
our Time
influences
our Lives**

T

=

Q

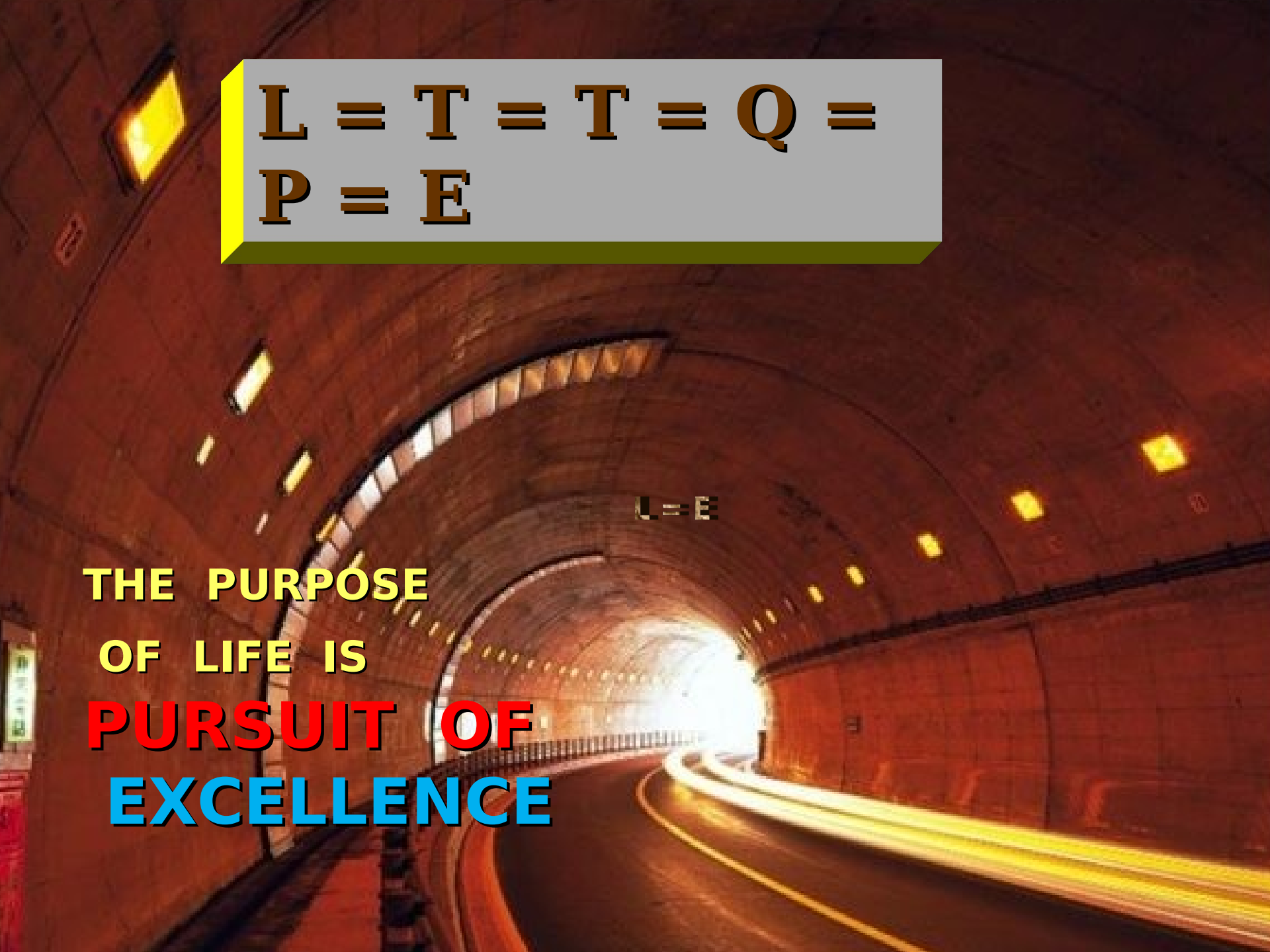


L

P

=

E


$$L = T = T = Q =$$
$$P = E$$

$$L = E$$

THE PURPOSE
OF LIFE IS
PURSUIT OF
EXCELLENCE

For making a **BIG**
Difference



- 1. Wake up before Sunrise***
- 2. S.M.I.L.E***
- 3. At least 1 % Time for Reading***
- 4. Develop taste for Soft Music***
- 5. Friendship only with Good Qualities***
- 6. Review before Retiring for the day***
- 7. Don't Sleep***
without planning for the next day
- 8. Yoga, Dyana and Pranayaama***
- 9. Select very carefully the type of***
movies you see + the websites you visit



What happens to you
When you read
Everyday?

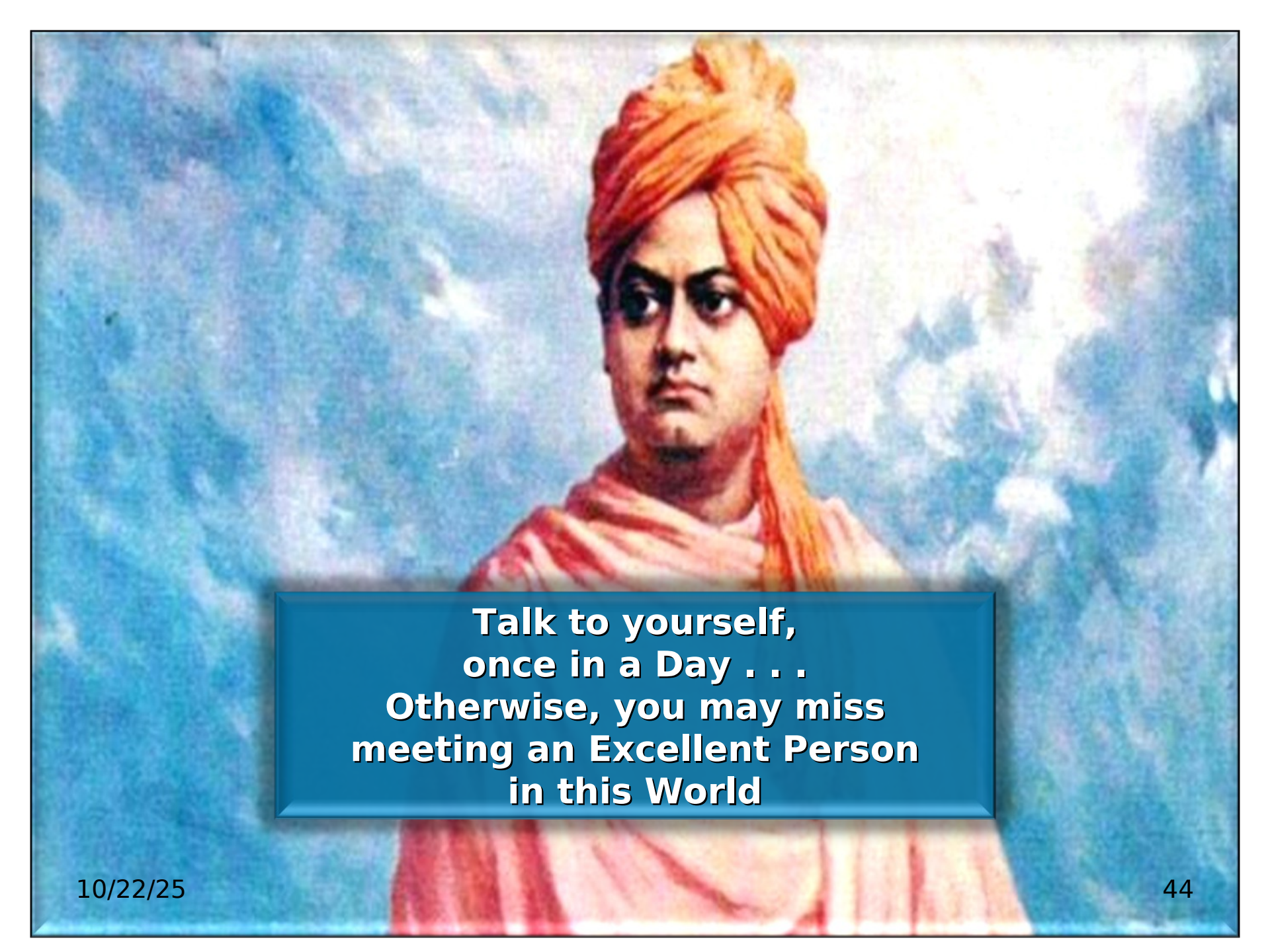
With each page turned,
you're not merely absorbing information —
you're sculpting your mind, heart, and soul.

For making a **BIGGER CHANGE**

1. ***Every morning write your challenges and opportunities***
2. ***Think how not to be carried away by your emotions, but yet be curious about them***
3. ***Exercise for at least for 30 minutes, every day.
[at least WALK]***
4. ***Forgive yourself - life gives you an opportunity for a “U Turn”***
5. ***Spend 3 minutes listing what you are grateful for?***
6. ***Stay Slim and Fit - not Fat and unhealthy***
7. ***Never sit still for more than 45 minutes***
8. ***Never miss an opportunity to get inspired***

For making a **BIGGER CHANGE**

9. ***Do not forget to integrate what you have freshly learnt with what you already know.***
10. ***Did you do something today to improve your memory?***
11. ***Have you improved your breathing style?***
12. ***Did you review your habits and made improvements?***
13. ***Did you improve your Time Management?***
14. ***What improvement you have made in managing your own self?***
15. ***Are you making sure that you are better at the end of the day - compared to the beginning of the day?***



**Talk to yourself,
once in a Day . . .
Otherwise, you may miss
meeting an Excellent Person
in this World**

Be Inspired
to inspire others

For further study

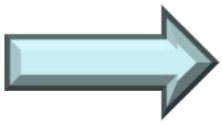
1. "How to Win Friends and Influence People" by Dale Carnegie

Summary:

This classic focuses on interpersonal skills, teaching readers how to connect better with others, win their trust, and influence them positively. It's built on the idea that emotional intelligence is key to personal and professional success.

Key Take-Home Points:

- Show genuine interest in others.
- Smile, remember names, and be a good listener.
- Avoid criticism; instead, give honest and sincere appreciation.
- Talk in terms of the other person's interests.
- Make others feel important—do it sincerely.



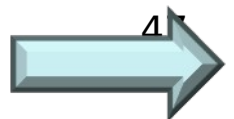
2. "The 7 Habits of Highly Effective People" by Stephen R. Covey

Summary:

This book outlines a principle-centered approach for solving personal and professional problems. It promotes character ethics and long-term effectiveness over quick fixes.

Key Take-Home Points:

- **Be proactive** – You're responsible for your behavior.
- **Begin with the end in mind** – Define your vision and values.
- **Put first things first** – Prioritize important over urgent.
- **Think win-win** – Seek mutual benefit in interactions.
- **Sharpen the saw** – Continuous self-renewal and growth.





3. "Atomic Habits" by James Clear

Summary:

This book focuses on how tiny changes can lead to remarkable results over time. It provides a framework for building good habits and breaking bad ones, which directly contributes to personality development.

Key Take-Home Points:

- Small habits compound into big changes.
- Focus on identity-based habits: who you wish to become, not just what you want to achieve.
- Use the 4 laws of behavior change: **Cue, Craving, Response, Reward.**
- Make habits obvious, attractive, easy, and satisfying.
- Environment plays a huge role in shaping behavior.



1. Mind Tools (www.mindtools.com)

A comprehensive platform offering articles, quizzes, and videos on leadership, communication, time management, emotional intelligence, and more.

2. Verywell Mind (www.verywellmind.com)

Covers mental health, motivation, emotional wellness, and personal development, with practical tips backed by psychological research.

3. TED Talks on Personal Growth (www.ted.com)

A treasure trove of inspirational talks by experts, leaders, and thinkers on personal development, confidence, vulnerability, and growth mindset.



Mindset & Mental Clarity Books (For When You Want to Think Sharper)

1. Mindset by Carol Dweck

This book taught me something simple but powerful: it's not about how smart you are — it's about believing you *can* get smarter. The “growth mindset” idea changed how I approach challenges.

2. Thinking, Fast and Slow by Daniel Kahneman

It's dense, but eye-opening. You'll understand the two systems your brain uses to make decisions — and why we mess up even when we think we're being logical.

3. Atomic Habits by James Clear

If you're tired of setting goals and not sticking to them, read this. It's like a practical guide to rewiring your habits, one tiny step at a time.

4. Deep Work by Cal Newport

In the age of distractions, focus is a superpower. This book helps you reclaim your attention and get into a state of deep, satisfying work.

5. Limitless by Jim Kwik

Jim's story is inspiring, and his techniques for reading faster, learning better, and improving memory are super actionable.

6. Grit by Angela Duckworth

Talent is overrated. Grit — that mix of passion and perseverance — is what really gets you through life's long haul.

7. The Power of Now by Eckhart Tolle

A beautiful reminder that the present moment is all we really have. If you're stuck in anxiety or overthinking, this book is like a deep exhale.

Happiness & Life Fulfillment Books (Because Who Doesn't Want to Be a Bit Happier?)

8. The Happiness Project by Gretchen Rubin

Gretchen takes a year to explore different happiness strategies. It's practical, fun, and makes you think, "Wait, what would *my* happiness project look like?"

9. The Art of Happiness by Dalai Lama & Howard Cutler

Eastern wisdom meets Western psychology. It's full of heart and perspective. The Dalai Lama's calm mindset is contagious.

10. The Subtle Art of Not Giving a F*ck by Mark Manson

This one hits like a slap and a hug at the same time. It's raw, funny, and brutally honest about what *actually* matters in life.

11. Ikigai by Héctor García & Francesc Miralles

It explores the Japanese concept of "ikigai" — your reason for being. It's a short, gentle read that'll make you think about what really lights you up.

12. Stumbling on Happiness by Daniel Gilbert

Spoiler: we're all kinda bad at predicting what will make us happy. This book explains why — and how to make peace with that.

13. The Book of Joy by Dalai Lama & Desmond Tutu

Two wise men, one beautiful conversation. Their friendship and insights are pure gold.

Books That Just Make You Wiser

14. Man's Search for Meaning by Viktor Frankl

This book... wow. It's heartbreaking and hopeful at the same time. Frankl, a Holocaust survivor, shares how finding meaning in suffering helped him survive. It's one of those books that changes your soul a little.

15. Meditations by Marcus Aurelius

Old-school stoic wisdom. I've highlighted half this book. It's like advice from a wise grandpa who was also a Roman Emperor.

16. The Four Agreements by Don Miguel Ruiz

So simple, yet so profound. If you followed just these four rules, your life would instantly get lighter.

17. The Untethered Soul by Michael A. Singer

Ever feel like your thoughts are running the show? This book helps you observe them instead of being controlled by them.

18. Tuesdays with Morrie by Mitch Albom

Warning: you might cry. But also, you'll walk away more grateful for life, love, and time.

19. Can't Hurt Me by David Goggins

Hardcore motivation. Goggins takes mental toughness to a whole new level. His story is unreal — but so inspiring.

20. The Alchemist by Paulo Coelho

A spiritual fable about following your dreams and listening to your heart. Simple, magical, and unforgettable.

Productivity & Get-Your-Life-Together Books

21. The 7 Habits of Highly Effective People by Stephen Covey

An oldie but goldie. The habits are timeless and actually work — if you apply them.

22. Make Your Bed by Admiral William McRaven

A short, punchy book based on a viral speech. Start with small wins (like making your bed), and the rest follows.

23. Essentialism by Greg McKeown

Do less, but do it better. A life-changing read if you're feeling overwhelmed and stretched too thin.

24. The One Thing by Gary Keller & Jay Papasan

What's the ONE thing that makes everything else easier or unnecessary? This book helps you focus on that.

25. Eat That Frog by Brian Tracy

Stop procrastinating. Start doing. This one's all about time management and getting things DONE.

26. Tools of Titans by Tim Ferriss

A treasure chest of insights from high performers across the world.

You'll find nuggets of gold in every chapter.

Communication & Social Intelligence

27. How to Win Friends and Influence People by Dale Carnegie

Classic for a reason. If you deal with humans (aka everyone), you need this book.

28. Influence by Robert Cialdini

Ever wonder why people say “yes”? This book breaks it down like a magician revealing tricks.

29. Never Split the Difference by Chris Voss

Former FBI negotiator teaches you how to talk like a pro. Useful in business *and* everyday life.

Spiritual & Soulful Reads

30. The Bhagavad Gita

A spiritual guide disguised as a war story. Packed with timeless wisdom about life, purpose, and detachment. One of the best. Whether you read it for spiritual growth, inner clarity, or philosophical curiosity, **The Bhagavad Gita** is one of those books that *reads you back*.

Highly recommend it when you're feeling lost, stuck, or just want some deeper perspective on why we're here and how to live well.

31. The Monk Who Sold His Ferrari by Robin Sharma

A modern fable about success, burnout, and what really matters. Simple but deep.

32. A New Earth by Eckhart Tolle

If "The Power of Now" was about presence, this one's about ego — and how letting go of it frees you.

33. You Can Heal Your Life by Louise Hay

Self-love, affirmations, healing. If you've ever doubted yourself, this book will hold your hand.

34. Think Like a Monk by Jay Shetty

A modern spin on ancient wisdom. Jay breaks down how to create peace and purpose in a chaotic world.

Where Do You Start?

Don't worry about reading all 34. Just pick one that speaks to you right now. Sometimes, the *right book at the right time* can seriously shift your life.

If you want something habit-focused → **Atomic Habits**

Feeling stuck spiritually? → **The Bhagavad Gita** or **The Power of Now**

Need a mindset boost? → **Mindset** or **Grit**

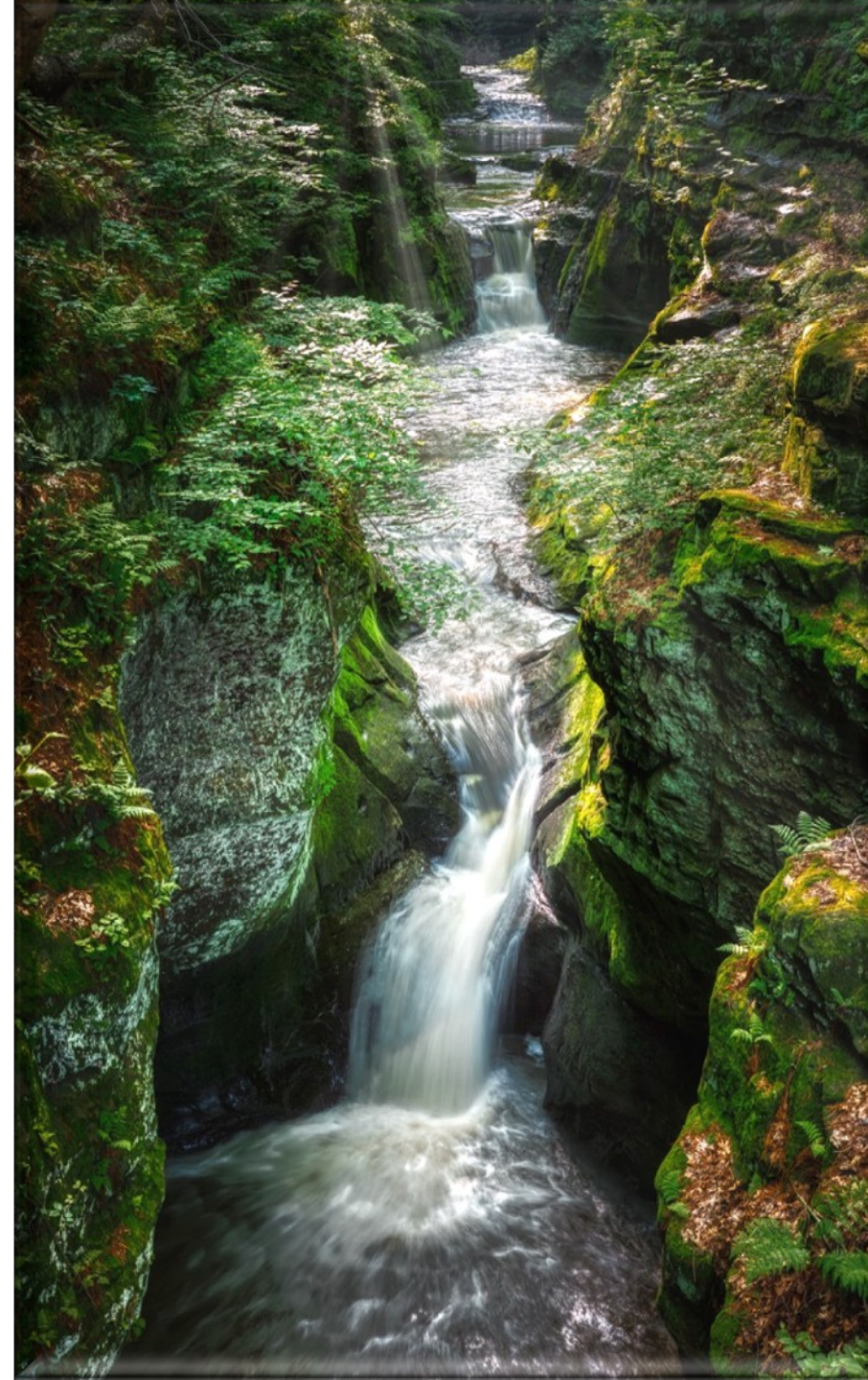
Just want to feel better? → **The Subtle Art...** or **Ikigai**

I've read (and re-read) many of these, and I can honestly say they've shaped who I am today.

So yeah — books really can change your life. One page at a time.

A key aspect of personality development

**Enhancing communication and
interpersonal skills**



Communication Skills
help you to get
where you want to go
in your LIFE

**Be aware of the
destructive power
of Attractions**

Gender Sensitivity

**Improve your self-discipline
Improve your eye contact
Speak more clearly and confidently
Improve your effective listening Skills
Improve your body language ~
to express your feelings**

When you **develop your self-confidence**

**You develop the initiative needed to
achieve self-development.**

**But, if you have not yet developed your
Self-confidence, then**

**You feel you are repelling the
opportunities and relationships**

Generally, your **charisma**
will be judged by
how you talk,
walk,
sit, and
other minor mannerisms.

“Do not leave your reputation
to chance or gossip;
it is your life’s artwork, and
you must craft it,
hone it, and
display it
with the care of an artist.”

An aerial photograph of Victoria Falls, showing the wide expanse of the waterfall cascading over a rocky edge. The surrounding landscape is lush green, with dense vegetation on the cliffs and in the foreground. A long, arched bridge with a metal truss structure spans across the lower part of the image, leading towards the falls. The water is a deep blue, and white mist rises from the base of the waterfall.

A Thinking Head,
A Feeling Heart, and
A Performing Set of Hands

A dramatic photograph of a massive ocean wave curling over, creating a large tunnel-like structure. A small surfer is visible at the base of the wave, emphasizing the scale and power of the water. The text is overlaid in the center of the image.

**Learn
to LOVE
to become a better
Human Being**

Self-improvement

~ the most important trait
every person
must possess

Try to be
the best version
of yourself

~ there is always room for
continuous improvement



8 Elements of Wellness

1. Physical
2. Mental
3. Intellectual
4. Emotional
5. Social
6. Environmental
7. Financial
8. Spiritual



***Please
Respect knowledge
Respect parents
Respect womanhood
Respect values
Respect the nation***



**What you are
is
God's Gift to you.**

**What you
will become
is
your Gift to God**

**The purpose of
this session
is to make
YOU
a better Gift to God**

Encourage yourself to develop your Personality



**Small Booklets are freely available
both in English and Telugu**

<https://archive.org/details/Poolabata>

S.G.A. – Small Group Activity

<https://archive.org/stream/Poolabata/2-PersonalityDevelopment-English-#page/n17/mode/1up>

<https://archive.org/stream/Poolabata/4-VyakthithvaVikasam-Telugu-#page/n17/mode/1up>

A booklet is being given for your reading pleasure



Success Strategies for Students ~

A publication from IIMC

Can be freely accessed:

<https://archive.org/details/success-strategies-for-students>

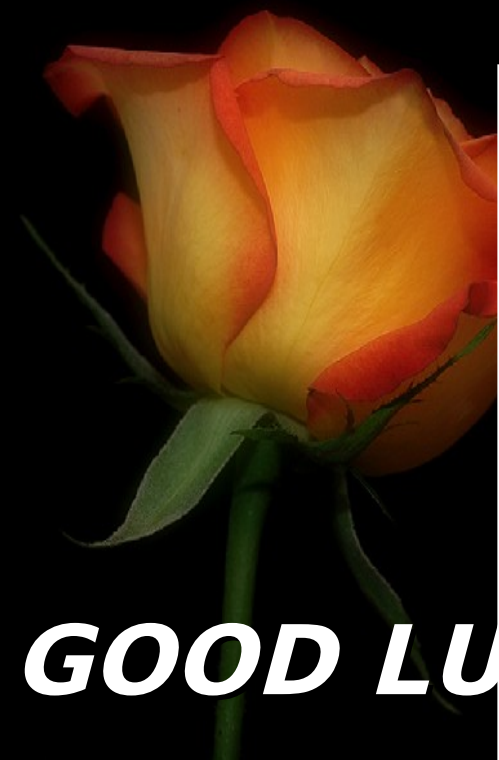
www.iimchyderabad.com

Deshamunu
Preminchumanna
Manchiannadi
Penchumanna
Vottimatalu
Kattipettoy
Gattimel
Talapettavoy



Love your Motherland
Do your bit to increase the Good
Stop the habit of merely talking
Contemplate on doing real Good





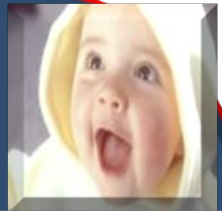
GOOD LUCK



THANK YOU !

For the sake of record

WWW.viswam.info



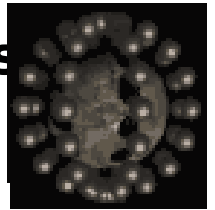
As on 19th Oct. 2025

Prof. V. Viswanadham has uploaded live audio recordings of **2,218 +** of his speeches to www.archive.org.

'Communication Skills' [
www.archive.org/details/CommunicationSkills]

was viewed, **24,128 +** times.

More than **351 +** Power Point Presentations
[slides]
can be freely viewed at:



www.slideshare.net/viswanadham

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10/22/25

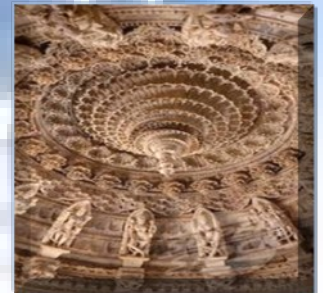
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**About 100 +
videos of
Prof. V.**

**Viswanadham
are available.**

**[https://
www.youtube.com/
playlist?
list=PL7uCJIUUrQ7Fwkzk
wDjywZtWFOaXLZcFQ](https://www.youtube.com/playlist?list=PL7uCJIUUrQ7FwkzkwDjywZtWFOaXLZcFQ)**

Have a
happy day!

Thank you once again



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